

AZAM YOUTH MESOSCYCLE U 17

WEEK 1	TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		3 – 11 - 2025	4 – 11 - 2025	5 – 11 - 2025	6 – 11 – 2025	7 – 11 - 2025	MATCH DAY	FREE
	DIFENDING FROM FRONT	8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM		
		HIGH PRESS						
		10 : 00 PM		10 : 00 PM				
WEEK2	TOPIC	MONDAYPM	TUESDAYAM	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10 - 11 - 2025	11 - 11 -2025	12 - 11 - 2025	13 - 11 - 2025	14 - 11 -2025	MATCH DAY	FREE
	DIFENDING FROM FRONT	8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM		
		MIDBLOCK DIFENDING						
		10 : 00 PM		10 : 00 PM				
WEEK3	TOPIC	MONDAYPM	TUESDAYAM	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		17 - 11 -2025	18 - 11 - 2025	19 - 11 2025	20 - 11 - 2025	21 - 11 2025	MATCH DAY	FREE
		8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM		
	LAWBLOCK DIFENDING	DEEP DIFENDING						
		10 – 11 – 2025		10 – 11 - 2025				
WEEK4	TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		24 - 11 2025	25 - 11 2025	26 - 11 - 2025	27 - 11 - 2025	28 - 11 - 2025	MATCH DAY	FREE
		8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM	8 : 00 AM		
	BUILD UP FROM THE BACK							
		10 : 00 PM		10 - 11 – 2025				

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